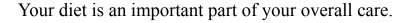
Portland Veterans Affairs Medical Center

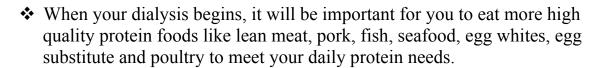
Your Diet and Hemodialysis: An Overview

When your kidneys no longer work the way that they should, following a special diet and having dialysis treatments will help keep extra water and waste from building up in your body.

You will be asked to limit foods that are high in

- sodium (salt and salty foods)
- potassium (orange juice, bananas)
- phosphorus (milk, cheese)
- liquids (hot and cold drinks, water, soup)





- ❖ Please be sure to ask your dietitian if you have any questions or need help with meal planning, grocery shopping tips, cooking ideas or tips for eating out.
- ❖ Please remember that following a special diet for your kidneys can be enjoyable and healthy for you.



Source: Department of Veterans Affairs
Nutrition and Food Service

